



7 Ways to Encourage Good Mental Health Habits

Developing healthy coping strategies is not an innate ability and as children continue to grow, there are some ways parents and caregivers can assist in helping them obtain good mental health habits.

Talk openly about mental health



There is still a stigma surrounding mental health conditions, which discourages people from talking about any mental health challenges they may be facing. When we talk openly about mental health, we are promoting a safe environment that will encourage youth to seek support and help when it is needed.

Model your own healthy habits

When adults use positive coping strategies to manage life's stressors, youth are more inclined to develop their own strategies. After all, children learn by observing others and their ways of healing.



Spend time together as a family



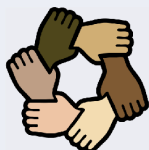
Children need love, time, and attention. Setting time aside to be with your child produces a stronger bond, making them feel valued and loved. Invite them to join you in an activity you enjoy to reduce stress. Incorporate these activities into your family's weekly routine and acknowledge their mental health benefits.

Visit our website for additional resources!

mentalhealthdny.org

Participate in community or volunteer activities

Children will meet and connect with new people. They will experience a sense of belonging and purpose, and they will learn how to relate to others.



Encourage regular exercise



Children need at least one hour of daily physical exercise to promote healthy development, and exercise is one of the most effective strategies for maintaining a healthy mind. Exercising stimulates chemicals that improve our moods and allow us to channel negative energy positively.

Praise your child's efforts and behavior

When we are praised on something we did, we feel great about ourselves, and our confidence and self-esteem increases. Praise also motivates children and encourages them to continue to try new things.



Create calm spaces



When we are fatigued and stressed, or we are struggling with mental health concerns, our brains process environmental cues (lights, sounds, etc.) differently. Create a comfortable space and minimize clutter in your home to promote a positive mood and minimize overstimulation.

Connect with us!



@schoolmentalhealthNYS

EDUCATING
STUDENTS
ABOUT MENTAL HEALTH

Meeting the dynamic mental health and wellness needs of children, youth and families.